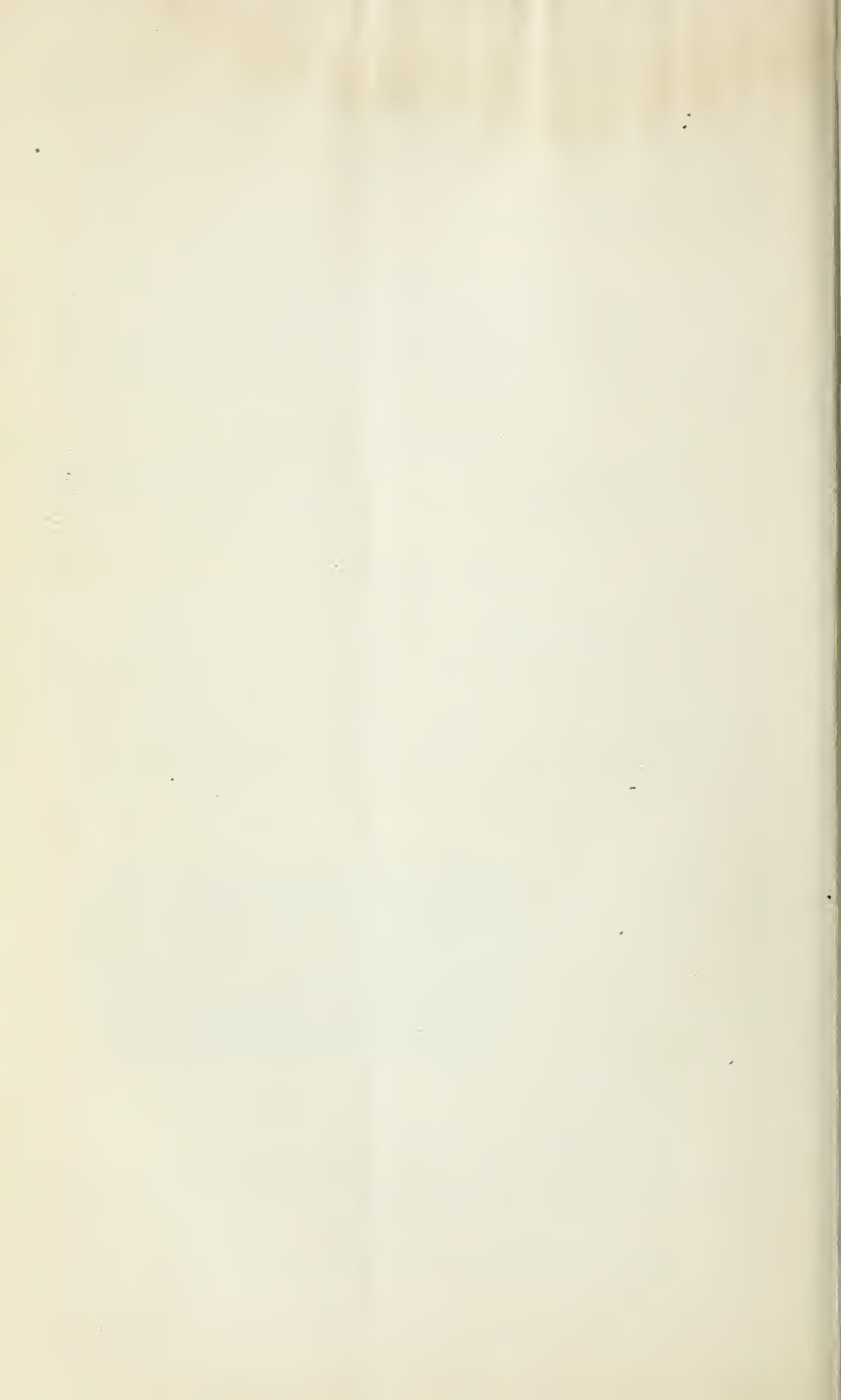


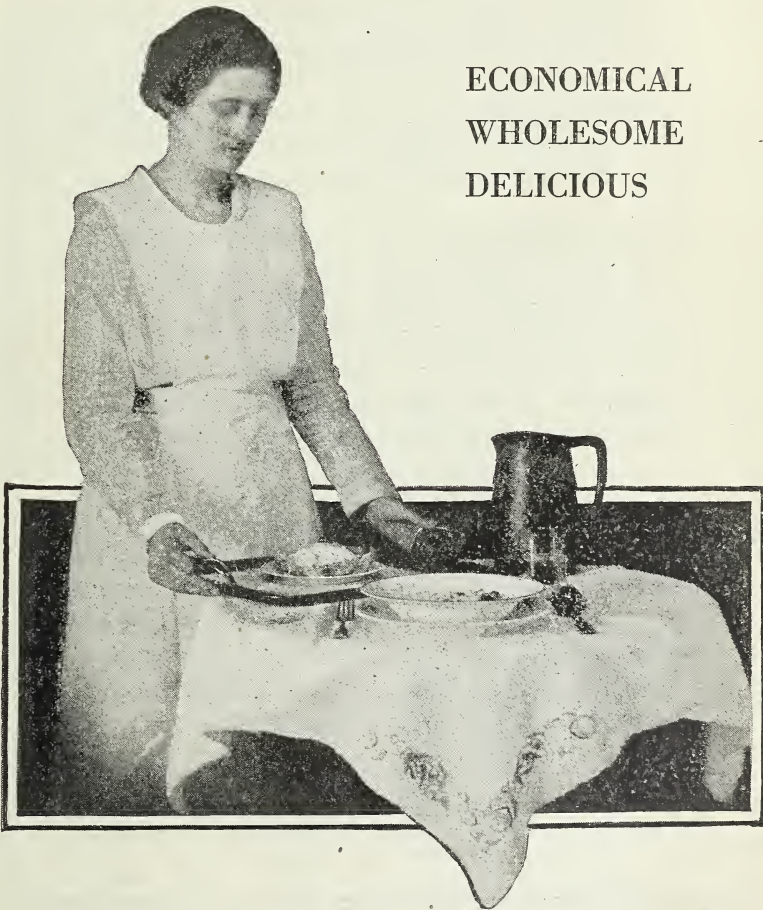
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Cottage-Cheese Dishes

ECONOMICAL
WHOLESOME
DELICIOUS



UNITED STATES DEPARTMENT OF AGRICULTURE

Circular 109, Office of the Secretary

WASHINGTON, D. C.

REVISED APRIL, 1919

HOW TO MAKE COTTAGE CHEESE.

- 1 gallon of skimmed milk.
- 1 cupful of buttermilk or thick, sour milk for a starter.
- $\frac{1}{8}$ of a junket tablet dissolved in 2 tablespoonfuls of water.

Stir the milk, the starter, and the dissolved junket tablet thoroughly together. Warm to 75° F. by placing the pail or can of milk in a vessel of warm water.

Set aside overnight.

In the morning, without heating, pour the curd, without breaking it more than necessary, upon a piece of heavy muslin.

Drain until it reaches the desired consistence. To hasten draining use an improvised press.

Season to taste with cream and salt.

CAUTIONS: The best temperature for the milk is 75 degrees Fahrenheit. This temperature may be determined by the use of an ordinary dairy thermometer. If the temperature rises above 75 degrees use less starter and less junket, especially in summer.

The starter should have a clean, sharp, sour taste, but should not be bitter. There should be no gas holes in the clabber.

(For fuller directions see Farmers' Bulletin 850, "How to Make Cottage Cheese on the Farm," which may be obtained free on application to the Secretary of Agriculture, Washington, D. C.)

COTTAGE-CHEESE DISHES.

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COTTAGE CHEESE, while it has long been known, has been little appreciated. Easy to make, it has often been poorly made and unattractively served. In food value cottage cheese is in the class with lean meat and eggs, being more valuable than either in material that goes to build muscle, blood, and bone.

Cottage cheese is in fact a food that, served either alone or in combination, may form an important part of the diet. In soup, sauce, meatlike dish, salad, or dessert, cottage cheese may be used to advantage. As the basis for the main dish of the meal it will materially reduce expenses, appeal to the appetite, and save meat.

Made from skim milk, which now is either wasted or fed to live stock, cottage cheese makes available directly for human food a valuable but little appreciated dairy by-product.

UNCOOKED COTTAGE-CHEESE DISHES.

PLAIN COTTAGE CHEESE.

Cottage cheese may be served plain, as the main dish of a luncheon or supper in place of cold meat.

Variations.—Sweet or sour cream, or melted butter added to the cheese improves its flavor and increases nutrient value. Mix broken nut meats, chopped pimientos, finely cut green peppers, diced cucumbers, or other crisp vegetables with the cheese. Horse-radish, onion juice, and parsley make a good combination.

Season dry cheese rather well, pack into a buttered earthen or enamel dish, chill, turn out on a platter, and serve in slices like cold veal loaf. Ground sage makes a good seasoning.

Mix with the cheese a small quantity of leftover ham or corned beef finely ground and season the whole with made mustard. Serve in slices or turn the mold out on a border of lettuce leaves.

Suggested menu.—Molded cottage cheese; baked potatoes, lettuce, sliced tomatoes, or cucumbers; crisp corn pone or muffins; tea, coffee, or whey lemonade; fruit and dessert.

COTTAGE CHEESE WITH CREAM AND SUGAR.

Use in place of: Meat or eggs for breakfast or supper.

Variations.—Add berries, peaches, or other fresh fruits; canned fruits, raisins, cut dates, or other dried fruits; brown sugar, honey, jam or marmalade, or chopped nuts.

Suggested menu for a summer breakfast.—Cottage cheese with cream and fruit; toasted bread; coffee. For a heartier meal, include baked or fried potatoes, or a cereal.

SOUPS AND SAUCES.

SAUCES FOR CREAMED AND SCALLOPED DISHES.

Cottage-cheese sauces are useful for creaming potatoes, eggs, toast, and leftover vegetables, and for scalloping those and other dishes. The cheese thickens the sauce somewhat. Unless the acid is neutralized with baking soda, it tends to curdle the sauce and gives it a slight sour or acid flavor. From $\frac{1}{4}$ to $\frac{3}{4}$ teaspoon¹ of soda is necessary to neutralize completely the acid flavor in one cup of cheese. The soda should be dissolved in a little milk or hot water, and blended with the cheese. Use the soda carefully, as too much is as bad as too little.

Proportions for white sauces with cottage cheese.

Consistence.	Milk.	Butter.	Flour.	Salt.	Pepper.	Cheese.
Thin sauce...	1 cup	$\frac{1}{2}$ tbsp.	$\frac{1}{2}$ tbsp.	$\frac{1}{3}$ tsp.	Dash.	$\frac{1}{4}$ cup
Medium sauce.	1 cup	$\frac{1}{2}$ tbsp.	1 tbsp.	$\frac{1}{3}$ tsp.	Dash.	$\frac{1}{4}$ cup
Thick sauce...	1 cup	1 tbsp.	2 tbsp.	$\frac{1}{2}$ tsp.	Dash.	$\frac{1}{4}$ cup

Variations.—Add 1 tablespoon of American cheese, grated, and reduce fat by half. Season with cayenne pepper.

Add 1 tablespoon of peanut butter, blended with the cheese.

Mix a little curry powder with the flour used in the white sauce foundation, and add onion juice if desired.

Add a few drops of Worcestershire sauce and some finely chopped parsley.

Add chopped parsley and pimientos; this sauce is especially good for creamed potatoes.

¹ In all cases level measurements are meant.

Method of mixing.—Make the sauce by any desired method, cook it thoroughly, and cool it slightly before adding to the cheese. Stir the sauce gradually into the cheese till well blended, then reheat carefully. If the cheese is strongly acid it may curdle the sauce unless the acid is neutralized. After adding the cheese avoid boiling the sauce, for it toughens the cheese and makes it more difficult to digest.

Scalloped dishes made with cottage-cheese sauce should be placed in a quick, hot oven so that the crumbs may brown before the sauce boils.

CREAM OF COTTAGE-CHEESE SOUP.

Make thin cottage-cheese sauce (use preceding directions), neutralizing the acid of the cheese with baking soda. Season by reheating with the soup a slice of onion, a small slice of the yellow part of the lemon rind, and a blade of mace or a little nutmeg. No one of these flavors should predominate, and the seasoning should be very delicate. Serve croutons with this soup.

Suggested supper menu.—Cream of cottage-cheese soup, croutons; fried potatoes and dandelion greens; or, green corn on the cob, and tomato and lettuce salad; bread; tea or coffee; fruit or dessert.

COTTAGE CHEESE AND PEANUT-BUTTER SOUP.

Make thin cottage-cheese sauce (see preceding directions), neutralizing the acid of the cheese with baking soda. Blend the peanut butter with the cheese before adding the sauce, using 1 tablespoon peanut butter for each cup of the sauce. Season with a slice of onion, a bit of bay leaf, and a pinch of powdered sage heated with the milk.

Suggested menu.—Cottage-cheese soup, potato salad with stuffed olives or sweet pickles, corn or graham gems, preserved or fresh fruit, tea or coffee.

EGG COMBINATIONS.

SCRAMBLED EGGS WITH COTTAGE CHEESE.

Proportions.—For each egg, use 1 tablespoon milk, $\frac{1}{3}$ teaspoon salt, plenty of pepper, 1 rounding tablespoon cottage cheese, pinch of baking soda, fat to grease pan.

Method 1.—Mix eggs, seasonings, and 1 tablespoon milk for each egg. Scramble eggs as usual in greased pan till entirely cooked. If the cheese is not too acid stir it lightly into the cooked egg without neutralizing. Do not mix too thoroughly; cook only long enough to warm the cheese slightly.

Method 2.—For this method use a heaping tablespoon of cheese for each egg and neutralize the acid with soda. Omit the milk and stir the cheese directly into the beaten egg. Scramble as usual.

Variations.—Parsley, green peppers, and pimientos, or chives, added to egg.

Suggested supper or luncheon menu.—Scrambled eggs with cottage cheese; baked potatoes, dandelion or lettuce salad, or sliced tomatoes; muffins, tea or coffee, fruit sauce.

CREAMY EGGS WITH COTTAGE CHEESE.

1 cup milk.	1 tablespoon butter.
1 tablespoon flour.	$\frac{1}{8}$ teaspoon pepper.
4 eggs.	1 teaspoon salt.
1 cup cottage cheese.	Paprika.
$\frac{1}{4}$ teaspoon soda.	Parsley, or pimientos.

Make a thick sauce with the milk, flour, butter, and seasonings. Cook 5 minutes and pour gradually on the cheese, which has been neutralized with the soda dissolved in a little of the milk. When the cheese and sauce are well blended, return them to the top of the double boiler and reheat over hot water. Beat the eggs slightly, pour them into the warm sauce, and mix well. As the mixture sets in a soft custard on the bottom and sides of the boiler, scrape it up carefully, forming large, soft curds. The mixture is cooked when it is of a creamy consistence throughout. This quantity will serve eight or more persons.

COTTAGE-CHEESE CUSTARD (UNSWEETENED).

1 cup cottage cheese.	2 tablespoons chopped onion
$1\frac{1}{2}$ cups milk.	fried in a little butter.
2 eggs.	1 tablespoon chopped parsley.
1 tablespoon corn starch.	Salt and pepper to season.

Beat the eggs slightly, add them with the seasoning to the cottage cheese, then stir in the milk. Bake from 30 to 40 minutes in buttered dish, set in a pan of warm water in a moderate oven.

COTTAGE-CHEESE OMELET.

2 eggs.	1 tablespoon chopped pimientos.
$\frac{1}{4}$ teaspoon salt.	2 tablespoons milk.
3 rounded tablespoons cottage cheese.	$\frac{1}{8}$ teaspoon soda.

Beat the yolks and whites of the eggs separately. Add to the yolks the salt, the milk, and the cheese with which the pimientos have been blended, and fold in the stiffly beaten whites; pour into a hot frying pan in which about $\frac{1}{2}$ tablespoon fat has been melted. Cook the omelet slowly until the egg has set, place in the oven for a few moments to finish cooking and fold over the center. Garnish with parsley. Other seasoning, such as chopped parsley, green pepper or minced ham, may be used, instead of the pimientos.

SCALLOPED EGGS WITH COTTAGE CHEESE.

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| 6 hard-cooked eggs. | 1 cup white sauce. |
| $\frac{1}{2}$ cup cottage cheese. | 1 sweet red pepper cut in strips. |

Cut the eggs into quarters and place about one-fourth of the quantity in a buttered baking dish. Cover this layer with sauce into which the cottage cheese has been stirred and sprinkle over it a layer of sliced sweet pepper, green or red. Repeat until the dish is full. Sprinkle bread crumbs on top, dot with butter and brown in a hot oven.

MEATLIKE DISHES.

COTTAGE-CHEESE CUTLETS.

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| 1 cup cottage cheese. | $\frac{1}{2}$ teaspoon powdered sage. |
| 1 cup dry bread crumbs, or $\frac{1}{2}$ cup cold cooked rice, and $\frac{1}{2}$ cup bread crumbs. | $\frac{1}{2}$ teaspoon thyme. |
| $\frac{1}{4}$ cup peanut butter, or 2 tablespoons savory fat. | 1 tablespoon milk. |
| $\frac{1}{4}$ cup coarsely chopped peanut meats. | 1 teaspoon salt. |
| | $\frac{1}{4}$ teaspoon pepper. |
| | $\frac{1}{8}$ teaspoon soda. |
| | 1 to 2 tablespoons finely chopped onion. |

Cook the onion in the fat until tender but not brown. Dissolve the soda in the milk and work into the cheese. Mix all other dry ingredients thoroughly with the bread crumbs. Blend peanut but-

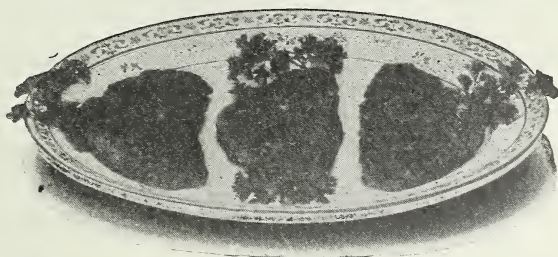


Fig. 1.—Cottage-cheese cutlets are appetizing for breakfast.

ter and onion with the cheese, and mix the bread crumbs with them. Form into cutlet-shaped or flat cakes, dust with bread crumbs or corn meal, and fry a delicate brown in a little fat in a hot frying pan.

Variations.—To utilize leftover cereals use one cup of cooked rice, oatmeal or corn-meal mush with $\frac{3}{4}$ cup of bread crumbs.

Dry corn meal or finely ground oatmeal may be used for stiffening the mixture above. but in such case it is better to form into a loaf and bake it in the oven about 25 minutes.

NOTE.—Where bread crumbs are called for, they may be made from leftover quick breads, or rice may be substituted by somewhat reducing the quantity of liquid used. Mashed cold potatoes may be used in place of cereal.

Other seasonings may be used in place of those shown above.

The quantity of liquid will vary in every case. The mixture should be very stiff, as the cheese tends to soften it during the cooking.

Suggested breakfast menu.—Fruit; cottage-cheese cutlets; corn bread or toast; coffee. For a heartier meal, include creamed potatoes.

COTTAGE-CHEESE LOAF WITH NUTS.—No. 1.

1 cup cooked rice (dry and flaky).	1 tablespoon chopped onion.
1 cup cottage cheese.	1 tablespoon savory fat or drippings.
$\frac{1}{2}$ cup ground peanuts.	$\frac{1}{4}$ teaspoon soda.
1 cup bread crumbs (or more).	1 cup strained tomato.

Mix well and form into a roll. Brush over with melted butter and bake in a moderate oven 25 minutes. Serve with a medium white sauce to which may be added 2 tablespoons minced pimientos.

COTTAGE-CHEESE LOAF WITH NUTS.—No. 2.

2 cups cottage cheese.	1 tablespoon fat.
$\frac{1}{2}$ cup chopped nuts (See variation 1).	Salt, pepper.
1 cup cold leftover cereal (any kind).	$\frac{1}{8}$ teaspoon soda or more to neutralize acid.
1 cup dry bread crumbs.	Sage, poultry seasoning or mixed herbs.
2 tablespoons chopped onion, or $\frac{1}{2}$ teaspoon onion juice.	Worcestershire sauce, or kitchen bouquet if desired.

Mix all ingredients together thoroughly and bake in a buttered pan in a hot oven till top and sides are well browned over. Turn out on a hot platter. Serve with a brown or tomato sauce if desired.

Variations.—This loaf is particularly good made with peanuts. Substitute for the cup of chopped nuts in the rule above, 4 tablespoons of peanut butter and $\frac{1}{2}$ cup of coarsely chopped nuts, and season with $\frac{1}{2}$ teaspoon of ground sage or with 1 teaspoon of mixed poultry seasoning.

If walnuts are used, pimientos make a good garnish.

Suggested menu.—Cottage-cheese loaf, mashed potato, string beans or spinach, radishes, dressed lettuce, or green onions, bread, jam tart, coffee.

PIMIENTO AND COTTAGE-CHEESE ROAST.

2 cups cooked cereal (rice, etc.).	1 1/8 teaspoons salt.
1 cup cottage cheese.	1/4 teaspoon soda.
1 cup dry bread crumbs.	1/4 teaspoon pepper.
3 pimientos (chopped fine).	Liquid, if necessary.

Blend all together very thoroughly, making the mixture very stiff. Form into a roll and bake about 25 minutes, basting from time to time with savory fat or meat drippings if necessary.

COTTAGE-CHEESE LOAF WITH BEANS OR PEAS.

1 cup cottage cheese.	2 tablespoons chopped onion or
1/4 teaspoon soda to neutralize acid.	1/2 teaspoon onion juice.
2 cups cooked beans.	2 tablespoons savory fat.
1 cup boiled rice (dry).	Chopped celery or celery salt, or
1 cup dry bread crumbs.	pimientos, or Worcestershire sauce, or mixed poultry seasoning.

Peas and small lima beans may be used whole. Mash larger beans or put them through the meat chopper. Mix beans, cheese, bread crumbs, and seasoning together well and form into a roll. The roll should be mixed very stiff, as the cheese softens when heated. Bake in a moderate oven, basting occasionally with a well-flavored fat. Serve with tomato or other sauce.

Suggested dinner menu.—Cottage-cheese loaf made with dried lima beans; fried onions, buttered carrots, dandelion, or other greens; spinach or green salad; bread; coffee; apple or berry tarts.

BAKED SOY-BEAN LOAF.

Chop 2 cups of boiled beans with three pimientos, add 1/3 cup of cottage cheese, 1 teaspoon of salt and a little pepper. If the mixture is too dry to shape into a loaf, add liquid from beans or pimientos to moisten. Shape into a loaf, and bake in a moderate oven, basting frequently with butter and water.

BAKED COWPEAS AND CHEESE.

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| 1 tablespoon butter. | 2 cups cooked cowpeas. |
| 1 tablespoon finely chopped onion. | $\frac{1}{2}$ cup cottage cheese. |
| 1 tablespoon finely chopped sweet green pepper or celery. | $\frac{1}{8}$ teaspoon soda to neutralize, if desired. |

Press the peas through a sieve to remove the skins, and mix with the cheese. Cook the onion and pepper or celery in the butter or other fat, being careful not to brown, then add them to the peas and cheese. Form the mixture into a roll, place on a buttered dish and cook in a moderate oven until brown, basting occasionally with butter or other fat and water. Serve hot or cold, like meat.

BAKED BREAD AND CHEESE.

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| 4 medium slices of bread, or 2 cups cold cooked rice (dry). | Butter. |
| 1 egg. | 1 cup cottage cheese. |
| 1 egg yolk or an egg white. | $\frac{1}{4}$ teaspoon soda. |
| 2 cups milk. | $\frac{1}{2}$ teaspoon onion juice. |
| $\frac{1}{4}$ teaspoon salt. | Parsley and pimiento, or piccilli or chili sauce; nuts if desired. |
| Cayenne pepper. | |

Butter the bread and cut the slices in squares or triangles. Place a layer, buttered side down, on the bottom of a large shallow buttered baking dish. Dissolve the soda in a little of the milk, and with it mix the cheese to a soft cream. Add parsley and pimiento or sauce if desired. Spread a thick layer of the cheese lightly over the bread, and cover with the rest of the bread, buttered side up. Beat the eggs well, mix them with the milk and seasonings, and pour them over the bread. Bake in a slow oven till a knife blade thrust into the custard comes out clean. If the milk is heated and added gradually to the beaten egg, and the baking dish is set in a pan of hot water, the custard cooks more quickly and is less liable to curdle through becoming overheated.

Variations.—This dish may be made into a hearty sweet pudding by omitting the onion juice and other seasonings, and substituting 2 to 3 tablespoons of sugar, and raisins or dates, nutmeg or cinnamon, with other spices if desired.

Supper or luncheon menu.—Baked bread and cheese, green salad or crisp fresh vegetable, muffins, coffee or Russian tea, fresh or canned fruit. For a heartier meal add baked or hashed brown potatoes.

POTATO DISHES.

CHEESE AND POTATO CROQUETTES.

1 cup cottage cheese.	$\frac{1}{4}$ teaspoon soda.
2 tablespoons chopped parsley.	$\frac{1}{2}$ teaspoon salt.
1 rounding teaspoon chopped green pepper.	Dash of cayenne.
	Dash of paprika.

Mix these ingredients very thoroughly and form into small rolls. Then embed the rolls in mashed potatoes which have been seasoned with salt and pepper, forming a larger roll of each. Roll the finished croquettes in egg and bread crumbs and fry in a pan containing about 1 tablespoon of hot fat, or brush with melted fat and brown in a hot oven.

HASHED BROWN POTATOES WITH COTTAGE CHEESE.

Chop cold boiled potatoes fine and season them well with salt, pepper, and onion juice. Turn upon a hot frying pan lightly greased with savory fat, and cook the potatoes slowly without stirring till they are browned next the pan.

Meanwhile soften a generous quantity of cottage cheese with cream or milk till it will spread easily. Mix with it any desired seasoning, such as chopped parsley or pimientos, a little leftover



Fig. 2.—Cheese and potato croquettes are suitable for luncheon or supper.

ham or bacon, chili sauce or piccalilli, and spread it over the potatoes. Let the mixture stand long enough to warm and soften the cheese; then fold over the potatoes, like an omelet, turn it upon a hot platter, and serve at once.

Many persons enjoy the slight acid flavor of the cheese with this dish. If desired, however, the acid of the cheese may be neutralized by adding $\frac{1}{4}$ teaspoon or more of soda for each cup of cheese.

Suggested supper menu.—A little cold meat thinly sliced; hashed brown potatoes with cottage cheese; salad; tea or coffee; bread; apple or berry pie.

CREAMED POTATOES AND COTTAGE CHEESE.

Reheat cold diced or sliced potatoes in medium white sauce with cottage cheese. (See page 4.) The best seasoning for this sauce is a slice of onion added to the milk while heating and chopped parsley and pimientos; $\frac{2}{3}$ cup of potatoes and $\frac{1}{3}$ cup of sauce make a generous serving.

Boiled new potatoes may be served whole with this sauce:

COTTAGE-CHEESE BALLS.

$\frac{1}{2}$ cup thick white sauce, made from $\frac{1}{2}$ cup milk, 2 table- spoons flour, 1 tablespoon fat, salt and pepper.	2 cups cottage cheese. 2 cups mashed potatoes. 1 egg, beaten. Bread crumbs.
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Method.—Make white sauce. Gradually beat cottage cheese into it. Add mashed potatoes, season, make into soft balls, roll in bread crumbs, then in beaten eggs, then in bread crumbs again. Fry in kettle of deep fat until a golden brown. These cheese balls are delicious served with tomato sauce.—(Wyoming State Agricultural College.)

SALADS AND SALAD DRESSINGS.

COTTAGE-CHEESE SALAD.

Cottage cheese lends itself especially well to salads. If enough is used the salad may serve as the main dish of the meal. French, mayonnaise, or boiled dressings go well with cheese salad. The cheese may be formed into balls or slices, it may be molded in tiny cups or passed through a pastry tube.

Variations.—Foods that combine well with cottage cheese in salads are crisp, fresh vegetables; cooked or canned vegetables; fresh, dried, canned or preserved fruits; nuts; olives; rice; potatoes. With the last two some highly flavored and bright garnish, like pimientos or green peppers, should be used, and celery, cucumbers, green peppers, crisp lettuce or cabbage should be used to add succulence.

Menu.—For a hearty luncheon or supper: Tomato soup; cottage cheese and potato salad with French dressing and garnish of sweet pickles and pimientos; biscuits; cocoa or coffee; raisin cookies.

WINTER-SALAD COMBINATIONS.

No. 1.

2 cups cottage cheese.

1 cup pickled beets, cubed.

Mix, add salad dressing, and serve on crisp lettuce.

No. 2.

1 cup chopped cabbage.
 ½ cup celery, cut fine.

1 cup chopped apple (red peeling
 may be left on).

Mix with a cottage-cheese salad dressing, and serve on a lettuce or a small cabbage leaf.

COTTAGE-CHEESE MAYONNAISE.

1 cup cottage cheese.
 2 teaspoons sugar or 1 table-
 spoon corn sirup.
 ½ teaspoon mustard.

½ teaspoon salt.
 ½ teaspoon paprika.
 ½ cup vegetable oil.

Mix thoroughly the first five ingredients. Stir in the oil gradually. This dressing will not keep long without separating and should be made immediately before serving.

MAYONNAISE DRESSING WITH COTTAGE CHEESE.

To a thick mayonnaise dressing made with the usual quantity of oil and eggs add a half-cup of fine-grained cottage cheese and mix thoroughly. This dressing will keep for some time without separating.

COTTAGE-CHEESE DRESSING.

½ cup milk.
 ¼ cup vinegar (not too strong).
 1 egg.
 1 cup soft cottage cheese.
 1 cup sour cream, whipped.

1 teaspoon salt.
 1 teaspoon mustard.
 ½ teaspoon paprika.
 2 teaspoons flour.
 1½ teaspoons melted butter.

Method.—Mix the dry ingredients together and cream them with the melted butter. Add the creamed mixture to the heated milk and stir until very thick. After the mixture has boiled, add vinegar slowly, stirring all the while. Cool slightly and add beaten egg.

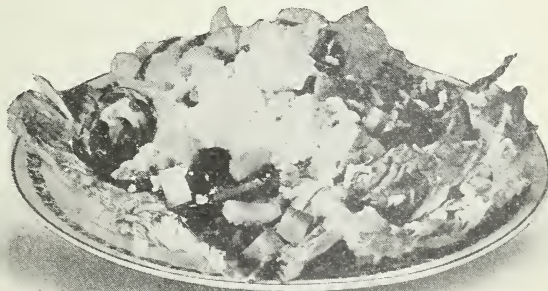


Fig. 3.—Cottage-cheese salad, with fruit, an attractive feature of the luncheon.

Put the cottage cheese through a sieve if necessary to break up lumps. Using an egg beater, beat the cottage cheese gradually into the dressing until smooth. Lastly fold whipped cream into dressing.

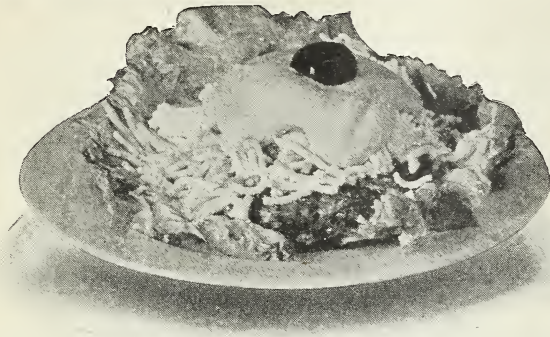


Fig. 4.—Cottage-cheese-salad dressing adds piquancy to any salad.

COOKED SALAD DRESSING WITH COTTAGE CHEESE.

$\frac{1}{4}$ tablespoon mustard.	4 tablespoons cottage cheese.
$\frac{1}{4}$ tablespoon salt.	$\frac{1}{8}$ teaspoon soda.
2 tablespoons flour.	2 eggs.
1 tablespoon sugar.	2 tablespoons butter.
$\frac{3}{4}$ cup sweet milk.	$\frac{1}{2}$ cup vinegar.
$\frac{1}{8}$ teaspoon cayenne pepper.	

Rub the dry ingredients together and add egg yolks slightly beaten. Add melted butter, cold milk, and hot vinegar, in the order named, stirring until perfectly smooth. Cook the mixture in a double boiler until thickened. To the stiffly beaten whites of eggs add 4 tablespoons of cottage cheese, which has first been neutralized with soda, and fold the mixture into the cooked dressing. Set the pan into a bowl of cold water and beat well until cool and smooth.

SANDWICHES AND BREADS.

COTTAGE-CHEESE CLUB SANDWICH.

This sandwich is made of three good-sized slices of toasted bread, one or more being spread thickly with cottage cheese. Lettuce or water cress and salad dressing also are used. The rest of the filling may be varied to suit the taste or the larder. The sandwich is cut diagonally and served on an individual plate with the halves arranged in diamond shape. It is desirable to toast the bread on one side only and to cut immediately after toasting, as otherwise the pressure of cutting crushes out the cheese and spoils the appearance of the sandwich. The cut slices may be placed together again while the sandwich is being filled, and the filling may be sliced through with a sharp knife.

Variations.—In addition to the cottage cheese these club sandwiches may contain:

1. Tomato, lettuce, mayonnaise dressing.
2. Thin-sliced cold ham spread with mustard, lettuce, mayonnaise.
3. Sliced tart apple, nuts, lettuce, mayonnaise.
4. Sliced orange, water cress, mayonnaise.
5. Sliced Spanish onion, pimiento, lettuce, mayonnaise.
6. Two tiny strips of bacon, lettuce, mayonnaise.
7. Cucumber or green pepper, pimiento, lettuce, mayonnaise.
8. Sweet sandwiches may be made with layers of cottage cheese and marmalade, or a paste made of dried fruits. For these the bread need not be toasted and the lettuce and mayonnaise should not be used.

Use.—As the main dish of a light luncheon or supper.

Suggested menu.—Cream soup, cottage-cheese club sandwich; tea or coffee, dessert.

SANDWICH FILLINGS.

Cottage cheese may be used as a sandwich filling, taking the place of meat or egg filling. Rye, graham, and Boston brown bread lend themselves well to cottage-cheese sandwiches.

Variations.—The cheese may be combined with nuts, grated cheese, pimientos, horse-radish, chopped or sliced olives, whole or chopped nuts, sliced celery, chives, Spanish onions, raisins, dates, prunes softened by soaking, freshly crushed mint leaves, honey, jelly, or marmalade. These additions may be blended with the cheese or may be spread in a layer over it.

Suggested luncheon or supper menu.—Brown bread and cottage-cheese sandwich; corn on cob, or other vegetable; milk or coffee; fruit or other dessert.



Fig. 5.—A cottage-cheese club sandwich may serve as the main dish for a light luncheon or supper.

COTTAGE-CHEESE ROLL (UNCOOKED).

Various loaves or rolls can be made by combining cottage cheese with cold cooked rice or with fresh bread crumbs, and seasoning with horse-radish, olives, onion juice, parsley, chopped celery, sage, pimientos, green peppers, grated cheese, or other desired seasoning. Chopped nuts, finely cut celery, or cubed cucumbers are pleasing additions. Leftovers of boiled ham, fried bacon, cold meats, salmon, tuna fish, or other fish, may be used to add variety. If desired the loaf may be rolled, just before serving, in sifted bread crumbs that have been slightly browned in the oven. These rolls are specially attractive if served on a bed of lettuce leaves, shredded lettuce, or grape leaves, and garnished with fresh or cooked vegetables that have been tossed in French dressing. Salad dressing is frequently served with these rolls.

Sweetened rolls may be made for a hearty dessert. These may contain fresh, dried, or candied fruits and nuts, or they may be served with canned or preserved fruits as a garnish. Preserved ginger is particularly delicious served with such a cheese roll. This roll may be sprinkled with almond or macaroon dust, or with dry crumbs made from stale cake.

Suggested hot-weather supper.—Cottage-cheese roll made with rice and leftover salmon, on a bed of lettuce leaves, with mayonnaise dressing; sliced tomatoes; bread; whey lemonade; crisp fifty-fifty raisin cookies.

FRIED BREAD WITH COTTAGE CHEESE.

Spread slices of stale bread thickly with cottage cheese, with which pimientos, nut meats, or some marmalade or jelly has been blended. Dip in a mixture of egg and milk, and fry quickly in butter or other fat.

Variation.—The egg and milk may be omitted, and the bread may be fried lightly in a very small quantity of bacon fat.

PIES AND PUDDINGS.

COTTAGE-CHEESE TARTS OR PIE.

1½ cups cottage cheese.
Whites of 2 eggs beaten stiff.
½ cup heavy cream, whipped.

½ cup sugar.
Lemon juice.
Few gratings of lemon rind.

To the cottage cheese add part of the whipped cream, and the flavoring, which should be very delicate. Fold in last the beaten egg whites. Heap lightly into ready-cooked, delicately browned pastry cases, made by baking pie crust in muffin tins or on the bottom of an inverted pie tin. Garnish the top of the tarts or pie with the rest of the whipped cream, and with fresh or canned fruit if desired. This makes a large one-crust pie or 12 tarts.

Variations. — Cinnamon or nutmeg may be substituted for lemon in the recipe given above.

Fresh, dried, or canned fruits may be folded into the filling just before serving, or the top may be garnished with jelly or marmalade or with fresh fruit lightly dusted with powdered sugar. The filling may be used by itself as a dessert, piled lightly in glass cups or tall glasses, and garnished with preserved or fresh fruit.

Suggested menu.—Potato puff with nuts; creamed vegetables; twice-baked bread or crisp rolls; dressed lettuce or cucumbers; cottage-cheese tarts; black coffee.



Fig. 6.--Cottage-cheese pie.

COTTAGE-CHEESE PIE.

1 cup cottage cheese.
 $\frac{2}{3}$ cup sugar.
 $\frac{2}{3}$ cup milk.¹
 2 egg yolks, beaten.

1 tablespoon melted fat.
 Salt.
 $\frac{1}{4}$ teaspoon vanilla.

Mix the ingredients in the order given. Bake the pie in one crust. Cool it slightly and cover it with meringue made by adding 2 tablespoons of sugar and $\frac{1}{2}$ teaspoon of vanilla to the beaten whites of 2 eggs and brown it in a slow oven.—New York State College of Agriculture.

¹One tablespoon of cornstarch stirred smoothly into the milk will prevent the custard from separating in the oven.

OLD DUTCH-CHEESE CAKE.

1 cup cottage cheese.	2 tablespoons cornstarch.
$\frac{2}{3}$ cup sugar.	1 tablespoon melted fat.
$\frac{1}{2}$ cup milk.	Salt.
2 eggs.	$\frac{1}{4}$ teaspoon lemon juice.

Mix the ingredients in the order given. Mace or nutmeg may be used for flavoring. Bake 25 minutes in a moderate oven until brown. This makes a very firm custard.

SPICED-CHEESE PUDDING.

2 slices stale bread.	$\frac{1}{2}$ cup sugar.
2 eggs.	$\frac{3}{4}$ cup seeded raisins.
$\frac{1}{2}$ teaspoon salt.	$\frac{1}{2}$ teaspoon allspice.
1 cup milk.	$\frac{1}{4}$ teaspoon mace.
1 cup cottage cheese.	$\frac{1}{4}$ teaspoon cloves.
$\frac{1}{4}$ teaspoon soda.	

Cut the bread into cubes and place in a buttered baking dish. Beat the yolks and whites of the eggs separately. Blend with yolks the milk, salt and sugar, and cheese, to which the soda

has been added. Add the spice and chopped raisins and lastly fold in the stiffly beaten whites. Pour this mixture over the cubes of bread and bake like a custard in a moderate oven.

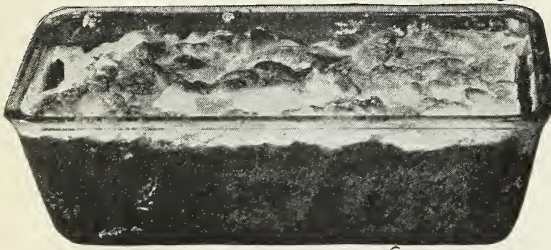


Fig. 7.—Spiced cottage-cheese pudding, a delicious and wholesome dessert.

If desired the white of 1 egg may be beaten separately, sweetened with 1 tablespoon of sugar, and spread over the top of the pudding just before removing it from the oven.

Corn muffins or cold rice cooked dry and flaky may be substituted for bread.

USES OF WHEY.

WHEY SIRUP.

1 cup whey.

 $\frac{2}{3}$ cup sugar, either white or brown.

Mix whey and sugar and boil the mixture till it is of the consistence of strained honey. This sirup will keep indefinitely if properly bottled and is delicious for spreading on waffles or pancakes. Used a little thinner it makes an excellent pudding sauce.

WHEY LEMONADE AND PUNCH.

1 quart whey.

Juice of 2 lemons.

Slices of lemon or a little grated or diced rind, nutmeg or cinnamon.

Sweeten to taste.

Mix, chill, and serve as a beverage.

Variations.—Double the quantity of lemon juice and add other fruit juices and a little fruit cut in small pieces. This transforms whey lemonade into whey punch. Set the punch away to chill and ripen; serve with crushed ice if desired. Rhubarb, pineapple, grape, currant, and cherry juices lend themselves well to whey punch. A sprig of freshly crushed mint is sometimes added. Nutmeg or cinnamon will overcome any characteristic whey flavor. Whey punch may be frozen if desired.

WHEY-CORNSTARCH PUDDING.

2 cups whey.

 $\frac{1}{4}$ cup sugar.

4 tablespoons cornstarch.

1 tablespoon butter.

 $\frac{1}{4}$ teaspoon salt. $\frac{1}{2}$ teaspoon lemon or vanilla extract.

Heat the whey until it boils. Mix all other ingredients and work into a smooth paste by moistening with whey or water. Add the mixture to the boiling whey and cook over direct heat until it thickens; then cook it over hot water until it is smooth and clear, about 20 minutes. Turn the pudding into a mold. Serve it with cream and sugar or with a soft custard.

BAVARIAN CREAM.

2 tablespoons gelatin.

 $1\frac{1}{2}$ cups whey. $\frac{2}{3}$ cup sugar.

1 tablespoon lemon juice.

1 cup fruit cut in small pieces (peaches, cherries, currants or strawberries).

1 cup sour or sweet cream, whipped.

Soak the gelatin in the whey and dissolve it by setting the dish in a pan of boiling water. Add the sugar, fruit, and lemon juice. Chill the mixture and when it begins to thicken fold in the whipped cream. Turn into a mold. Serve very cold.

DEPARTMENT OF AGRICULTURE PUBLICATIONS AVAILABLE FOR
FREE DISTRIBUTION.

The following publications relating to dairy products will be found a helpful supplement to the information contained in this bulletin:

- Department Bulletin 608. Varieties of Cheese.
- Farmers' Bulletin 487. Cheese and Its Economical Use in the Diet.
- Farmers' Bulletin 602. The Production of Clean Milk.
- Farmers' Bulletin 850. How to Make Cottage Cheese on the Farm.
- Farmers' Bulletin 876. Making Butter on the Farm.
- Farmers' Bulletin 960. Neufchâtel and Cream Cheese.
- Farmers' Bulletin 1019. Straining Milk.
- Delicious Products of the Dairy.

NOTE.—Numerous leaflets and other literature published by the department and relating to dairy products are available for distribution. Address the Dairy Division, Bureau of Animal Industry, Department of Agriculture, Washington, D. C.

